

Movie Line Up:

September 2nd ~ His Girl Friday ~ 1940/NR/91 Minutes (Cary Grant)

Hildy is about to get hitched to a dull insurance agent-if her ex-husband, a ruthless newspaper publisher, doesn't succeed in winning her back.

September 9th ~ The Apartment ~ 1960/NR/ 125 Minutes (Jack Lemmon & Shirley MaClaine) Starts at 12:45pm. An ambitious insurance clerk's fast track to an executive suite gets derailed when he becomes involved with his boss's latest girlfriend.

September 16th ~ Beach Party ~ 1963/UR/97 Minutes.

September 23rd ~ Parental Guidance ~ 2012/PG/104 Minutes (Better Midler & Billy Crystal) When their daughter must leave for a week, Artie & Diane Decker find themselves in charge of their three grandchildren, whose well-regimented & high-tech lives leave Grandma & Grandpa baffled & ready to bring on the old-school patenting.

September 30th ~ Barefoot in the Park ~ 1967/G/105 Minutes (Robert Redford & Jane Fonda) Neil Simon's delightful screenplay chronicles the trials of a pair of newlyweds—stuffed-shirt Paul & avant-grade Corie—attempts to adapt to each other & live in a small Greenwich Village walk-up.

3rd Annual Senior Summit

You're Invited: 3rd Annual Senior Summit

Hosted By: Carbon Senior Activity Center / 450 South Fairgrounds Way, Price

Date: September 24, 2014

Time: 11:00a.m.—2:00p.m.

Speakers:

Storee Powell with Assistive Technology for Your daily Life

“ Money Smart for Older Adults”

Darrin Hotten, Program Director SHIP, SMP, SCSEP, Utah Division of Aging and Adult Services

Booths, Free health screenings, Door Prizes

RSVP with the Senior Center or call 435-636-3202

MON	TUE	WED	THU	FRI
Blood Pressure 2nd & 4th Mon. at 10a	Toe Nail Clinic 4th Tues. appointment required Blood Pressure 3rd Tues. at 10:30a	Blood Pressure 3rd Weds at 10:30am	1st Thurs. Blood Pressure at 10a	<u>CLINICS</u> Page 2
Billiards: 8a-4p Game Room 8a-4p Shopping: Fresh Market 1p Wal-mart 2nd Monday	Billiards: 8a-4p Golf (seasonal) Game Room 8a-4p Movie 1p Quilting: 1:00pm – 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bingo 1p Quilting 10:00am - 3:00pm Movie: 1p	Billiards: 8a-4p Game Room 8a-4p Shopping: Smiths 1p Quilting 1:00pm- 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bowling at Country Lanes 1pm <u>ACTIVITIES</u>
Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Quilting & Sewing 10a Oil Painting 1p	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Needle Arts 10a Price Activities	Computer Lab: 8a-4p Ceramics: 10am	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Organ Lessons 11:30a & 1p Quilting & Sewing 10a 3rd Thursday; Health Talks (Hormones, Romance & Relationships) 12:45pm Oil Painting: 1pm Sewing Classes: 10am	Computer Lab: 8a-4p Ceramics: 10am <u>CLASSES</u>
Gym: daily 8a-4p	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a <u>EXERCISE</u>
Music by Neldon Huff 11:20am	Music at 11:30am	Music by: Dora Smith & Nana Beth Davis 11:30am	Music at 11:30am	Music at 11:30am <u>MUSIC</u>

Price & East Carbon

On going daily activities subject to change without notice

Be kind to your feet. Years of wear and tear can be hard on them. So can disease, bad circulation, poorly trimmed toenails, and wearing shoes that don't fit. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders.

Step in the Right Direction

Practice good foot care. Take a look at your feet often; use a mirror to look at the bottoms of your feet. Look for cuts, blisters, and ingrown toenails. Ask a member of your family for help if you need it. If you have diabetes, be sure to check your feet every day.

Remember to put your feet up when you are sitting down. This helps the circulation in your feet. So can stretching, walking, or having a gentle foot massage. A warm foot bath is also helpful. Make sure your feet are dry before you put on your shoes. Wear shoes when you're outside. If you are sitting for a long time, stand up and move around every now and then. If you cross your legs, reverse or uncross them often. Don't smoke.

If you have a problem with your feet, your family doctor can help, or you can see a doctor who treats feet, called a podiatrist.

Make Sure The Shoes Fit

Wearing comfortable shoes that fit well can prevent many foot problems. Here are some tips for making sure your shoes fit:

- Shoe size may change as you age, so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.
- Most of us have one foot that is larger than the other. Make sure your shoes fit your larger foot.
- Don't buy shoes without trying them on first. Shoe size can vary depending on the kind, make, and style. For example, the size you wear for sneakers may not be the same size you need for dress shoes.
- Walk in the shoes to make sure they feel right. The heel of the shoe should not slide up and down when you walk.
- Choose a shoe that is shaped like your foot. Styles with high heels or pointed toes can hurt your feet.
- Stand up when trying on shoes to make sure there is about 1/2 inch between your toe

and the end of the shoe.

- Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- Don't buy shoes that feel too tight and hope they will stretch.
- The upper part of the shoes should be made of a soft, flexible material.
- Soles should give solid footing and not slip. Thick soles cushion your feet when walking on hard surfaces.
- Low-heeled shoes are more comfortable, safer, and less damaging than high heeled shoes.

Something's Afoot: Common Problems

Fungal infections, such as athlete's foot, happen because our feet are in shoes most of the time. Shoes are warm, dark, and moist—the perfect place for fungus to grow. A fungus can cause dry skin, redness, blisters, itching, and peeling. It can be hard to cure. Over-the-counter anti-fungal powders or creams can help. If your foot does not get better within 2-4 weeks, talk to your doctor. To prevent infections:

- Keep your feet clean and dry. Be sure to dry the area between your toes.
- Change your shoes and socks or stockings often to help keep your feet dry.
- Don't buy tight shoes.
- Try dusting your feet every day with talc-free foot powder.

Dry skin can cause itching and burning feet. Use mild soap in small amounts and a cream or lotion on your legs and feet every day. Be careful about adding oils to bath water since they can make your feet and bathtub very slippery.

Corns and calluses are caused by pressure when the bony parts of your feet rub against your shoes. Corns usually appear on the tops or sides of toes while calluses form on the sole of feet. Wearing shoes that fit better or using non-medicated pads may help. While bathing, gently rub the corn or callus with a washcloth or pumice stone to help reduce the size. To avoid infection, do not try to shave off the corn or callus. See your doctor, especially if you have diabetes or circulation problems.

Warts are skin growths caused by viruses. They may be painful and can spread if not treated. Some over-the counter products may help to get rid of warts. See your doctor for treatment.

Bunions are swollen and tender joints that can develop at the base of your big toes. They tend to run in families. Bunions can also be caused by shoes that are small or have

pointed toes. If a bunion is not too painful, wearing shoes cut wide at the toes and middle part of the foot (instep) or shoe inserts may help. Taping or padding the bunion may bring relief. Some over-the-counter pain medicine may lessen pain and reduce swelling. Talk to your doctor if you are in pain. Sometimes surgery is needed to relieve the pressure and repair the toe joint.

Ingrown toenails are caused by a piece of the nail piercing the skin. This can happen if you don't cut your toenails straight across so the corner of the nail can be seen above the skin. Use clippers made to cut toenails. Ingrown toenails are very common in the large toes. A doctor can remove the part of the nail that is cutting the skin.

Neuromas are the result of a build-up of tissue around an inflamed nerve in the foot. They may cause tingling, numbness, or pain in the ball of your foot and toes. This may cause you to lose your balance. Shoes that are too narrow or have high heels can make the problem worse. See your doctor. Sometimes, inserts put in your shoes can help.

Hammertoe is caused by a shortening of the tendons that control toe movements. The toe joint grows and pulls the toe back. Over time, the joint gets bigger and stiffens as it rubs against shoes. This can affect your balance. More space in the shoe or stocking can help. In very serious cases, surgery may be needed.

Spurs are bony bumps that grow on bones of your feet. They are caused by stress on the feet. Standing for long periods of time, wearing badly fitting shoes, or being overweight can make spurs worse. Sometimes spurs are painless. At other times, they can hurt. Treatments for spurs include foot supports, heel pads, and heel cups. Sometimes surgery is needed.

Swollen feet may happen when you have been standing for a long time. If your feet and ankles stay swollen, it may be a sign of more serious health problems. See your doctor for a check-up.

Be Alert

Both diabetes and peripheral artery disease can cause poor blood flow to the feet, which can cause scrapes or bruises to become infected more easily. This makes good care very important. Make sure to check with your doctor if you develop a sore on your foot that does not heal.

Don't Get Off on the Wrong Foot

Good foot care and regular foot checks are an important part of your health care. Your doctor should look at your feet often. If you have foot problems, don't be afraid to talk to your doctor.

Well we finally made it, fall is upon us after a quite busy summer. There is nothing like a beautiful fall day with the crispness in the air and the calm and peace it brings (we won't talk snow yet).

First off, I need to say; "Sorry Eunice McFarland" you are a very precious part of our center. Why the sorry you ask? I indirectly forgot to thank her for all her hard work on the set of dish towels she did for the parking lot party at Miners Trading Post in July. "Thank You Eunice."

We had a bus full for the Carbon County Fair in August. I must say if you did not go bumming at the fair with us you missed out! We had a wonderful time, from the livestock barn to the quilt show. We had root beer floats, funnel cakes, corn dogs and everything in between. I even got my cotton candy and it was well worth the wait.

We are also "paying it back" to our community once again. We are accepting school supply donations for Bruin Point Elementary students. Giving back, when you can, even the smallest thing can be so satisfying. The feeling you get when doing something good for someone, and in this instance the grade school kids of our community, is a great experience. We will continue to take donations of supplies until school starts and then we will surprise the school with this gift from our seniors. Thanks to all who donate. Without you this would not be possible.

More things await us in the fall. I am not sure what just yet but I'm thinking.....So until then, come in for a great lunch and visit with great people. "You're always welcome at our place."

Bonnie

MON	TUES	WEDS	THURS	FRI
Blood Pressure 3rd Monday 11a	Blood Pressure 3rd Tuesday 11a	Last weds of the month Blood Pres- sure 11a	2nd Thurs Blood Pressure/ Free Toe- nail trimming	<u>CLINICS</u>
Billiards 8a-3p Bingo/cards 1:30p Needle Arts 10a	Billiards 8a-3p Cards 1p	Billiards 8a-3p Bingo 1:30p Line Dancing 9a at Sunnyside City Hall 4th Weds Movie at 1pm	Billiards 8a-3p Cards 1p	Billiards 8a-3p Shopping in Price leaving Center at 1:30p Kickback Friday's Whatever you choose 1:15p
Ceramic Class 10a	Needle Arts 10a	Line Dancing 9:00am at Sunnyside City Hall		Needle Arts 10a
	Exercise Class 11a			<u>CLASSES</u>
				<u>EXERCISE</u>

**East Carbon
Activities**

Carbon County Senior Center is having a Book Sale ^{Page 7}

All Genres are available

September 22-26

Paper back books will be .25¢ a piece or 5 for \$1.00

ALL HARD COVER BOOKS WILL BE .50¢ each

AARP Smart Driver Course

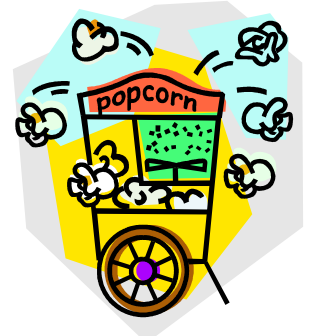
Thursday, October 9th the Carbon County Senior Center will host the next AARP Driver Course from 1:00-5:00pm. By taking the new Smart Driver Course, participants will be shown proven safety strategies that will help keep them safe while on the road. The program teaches drivers how to boost safety awareness, refresh and improve driving skills, minimize crash risks, increase confidence while driving, and maintain independence. The four-hour class now includes only six-units and a series of new videos that enhance the classroom discussions. State specific information is also highlighted throughout the class as well as the latest traffic rules that affect Utah drivers. Participants will be given a certificate that they can present to their auto insurance carriers to receive a discount on their premium. (which is effective for 3 years)

AARP members will pay \$15.00 for the class and \$20.00 for others.

To register for the Smart Driver Course, contact the center 636-3202



**Carbon County Seniors would like to
give a BIG shout out to Tony Basso!
Thank You for the Donation
of
POPCORN..**



Dear Seniors,

Once again Carbon County Senior Activities Center will be hosting the Annual Senior Summit. The summit will be held **September 24th** from 11 a.m. until 2 p.m. There will be free informational booths, free health screenings, door prizes and a speaker who will be giving pertinent information regarding financial exploitation, scams, identity theft and how to protect yourselves. I am very excited about this topic. Seniors and the elderly are prime targets for scam artists. We need to learn how to protect ourselves and recognize when we are being targeted.

In August we sent a group of seniors to both the Payson Salmon Supper and to a SLC Bee's game. Both ventures were successful. Although this was our smallest group ever to attend the Payson Salmon Supper reports came back very positive. Last year temperatures were high and the wait in the sun was not pleasant. This year, however, the folks planning the event made sure attendees were shaded and out of the sun. So if you chose not to attend because of the uncomfortable heat last year, keep this improvement in mind for the years to come.

I'm sure if you are a regular attendee of the center you've noticed the fun we've been having with a designated day each month for some kind of "dress up." So far we've had: apron day, tie day, western day, Hawaiian day, ugly shirt day, hat day and purple day. It's really been a lot of fun with good participation. This month, on Thursday September 18th, we will be having Camo (camouflage) day. Check your closet or borrow something from your grandchildren. Also, on September 11th we are asking everyone to wear red, white and blue in memory of those who died in the 2001 terrorist attack.

I want to thank all of those that donate to the Senior Centers. Donations are definitely up compared to last year. Your donations are vital and a huge benefit to the programs at the centers. A big **Thank You** to Tony Basso, who graciously donates popcorn for movie days. Tony's popcorn donation is a real blessing.

On October 9th Leonard Miller will be teaching another AARP Smart Driver Course. The class will be from 1 p.m. till 5 p.m. in the Senior Center classroom. Leonard focuses on the physical changes we face as we age: vision, hearing and reaction time. In addition to physical changes new automobiles are equipped with a many new safety features and devices, Leonard will also bring you up to date on some of the new safety features in automobiles. Seniors who complete the course are eligible for a discount on their insurance premium. Call the senior center to reserve your spot.

We will be having another book sale September 22-26th. The book sale will be held in the hall just outside the library. Come by and check out the sale and be sure to let family members know about the sale too!

God bless each of you!

Debby